An all-girls sports camp designed to promote athletics, fitness, a healthy mind and body. Camp participants will work on crucial techniques of basic athletic tasks, participate in games, and learn how to be a well-rounded athlete. Hosted by the University of New England Women’s Rugby Team.

University of New England
Girls Got Game

Our gorgeous waterfront campus in Biddeford, Maine, offers more than 4,000 feet of scenic shoreline where the Saco River flows into the Atlantic Ocean. The coastal area has a long history as a popular vacation destination, and is home to friendly, welcoming people who appreciate UNE’s contributions to the local community.

Within its 540 acres, the Biddeford Campus offers the Harold Alfond Center for the Health Sciences, a modern science education facility; the Marine Science Center, where students prepare for the marine careers of the coming "ocean century"; and the Harold Alfond Forum, which includes an NHL-size hockey arena, performance and other athletics facilities.

To register, please visit:
http://athletics.une.edu/
-and visit our camps and clinics page

Please mail waiver forms and registration fee to
University of New England
Attn: Girl’s Sports Camp
11 Hills Beach Road
Biddeford, ME 04005

Checks should be made payable to:
UNE Women’s Rugby

You may also call the Athletics Office and pay by credit card.
(207) 602-2499

University of New England
11 Hills Beach Road
Biddeford, ME 04005
Camp Information

Who? All girls entering grades 1-8. All abilities welcome.

What? A camp designed specifically to help build strength, agility, athleticism, and confidence among young female athletes.

Where?
The University of New England
11 Hills Beach Rd
Biddeford, ME 04005

When?
July 11-July 14, 2017
8:30am-4:00pm
Early drop-off 8:00am
Late pick-up 4:30pm

Why? Women’s sports have more TV coverage than they ever have. Many sports across the country have rising numbers of participants, particularly with girls. Our goal is to help encourage healthy practices and a healthy lifestyle by teaching young female athletes about nutrition, strength training, agility, mental toughness, positive attitudes, and a growth mindset.

How? The curriculum for this camp was developed by top-notch professionals in Southern Maine. Campers will be divided into smaller groups based on age.

Cost: $150.00 Tuesday-Friday (includes t-shirt)
(Multi-child discount is $110.00 for each additional camper. Siblings eligible must live in same household.)
$120.00 Tuesday- Friday (UNE Employees)
$40.00 for single day

8:30pm- camper drop off/ team building activity
9:00am- split into small groups: agility training, running/sprinting technique, basic strength training, hand/eye coordination activity
10:30am- snack
11:00am- open swim, beach games
12:30pm- lunch
1:00pm- classroom session: goal setting, nutrition, confidence building, communication
Other group will play a skill related game
2:00pm- teambuilding/ challenge activity
2:45pm- snack
3:00pm- Non-traditional games
4:00pm- camper pick-up

Additional Information: Campers should bring a lunch, two healthy snacks, and a cold water bottle to camp. Campers should also bring swim attire, a towel, and extra change of clothes. Campers should be dressed in gym shorts and a t-shirt and should bring both sneakers.